Desity Reduction Course For Women

QUESTION AND ANSWER COLUMN By Pauline Furlong

Miss Furlong will reply in this column to letters written by Evening World readers asking questions pertaining to the subjects treated in her articles. Letters must not exceed 250 words in length and must be limited to the subjects upon which information is desired.



STUBBORN HAIR—B. M. S. writes: "Please advise me of a remedy for awkward, stubborn hair, which will

Closing Quotations.

"BEAUTY AND HEALTH LESSONS FOR THE SUMMER," a new ies of articles written by MISS PAULINE FURLONG for women readers The Evening World, will commence in MONDAY'S EVENING WORLD.

at on Shoulders and Large naturally an auburn shade but fast

The final obesity exercise chart, which was printed yesterday, is one of the best for reducing the large bust and fat upper arms and shoulders. I have repeatedly told my readers that these stubborn disfigurements are caused by the ill-fitting corset, which causes both the bust and upper shoulders to grow to abnormal proportions—defect not easy to remedy. It is a common complaint among artists that it is next to impossible to find a model, whose bust has not been disfigured by the corset.

When the bust is pushed up and the lummediate region, which were saw on longer for a lighter shade. Wash out all traces of the paste with soap and hot water. Rinse the bair in cold water and dry in the sun.

to the immediate region, which were

in the immediate region, which were intended for this work, naturally become weak and allow the breast to sag as soon as the false support is removed.

It is not true that the full, firm conclure of the breast is lost by reason of childbirth, and if the muscles were made atrong enough in youth to support the breast, without a corset, this condition would not arise.

LETTERS FROM READERS.

WANTS TO GAIN WEIGHT—MILDRED C. writes: "Have many friends who are following your health course and are losing weight at such a remarkable rate that I decided to write and ask you how I can gain some in the next few weeks. I am going to the seashore, but never go in the ocean because I am so thin and can see every one laughing at me, it seems. I am five foet four and weigh only one hundred pounds. What should I weigh?"

Live upon a dietary of raw eggs and milk, cereals, nuts, fruits, bananas and grapes. Take grape jutee and olive oil, eat potatoes and starchy veretables and salads, without vinesar. Drink much water, breathe siceply and live in the sunshine as the superison of the many live in the sunshine as the course and will he authout any state of the superfluous fat from my body as the superfluous fat from my body as them of the superfluous fat from my body and live in the sunshine as the course and salads, without vinesar. Drink much water, breathe deeply and live in the sunshine as the course and sulled of the superfluous fat from my body and live in the sunshine as the course and dry the course of the letter, except than own dry our course, I have lost twenty pounds in just two months and have carried out your course, I have lost twenty pounds in just two months and have carried out your course. I die to the letter, except that I have dieted much more closely than you really solves. I feel a hundron for the breat two months and have carried out your course. I diet am by taking your cent two letter, except than you really solves. I feel a hundron for the more closely than you really solves. I feel a hundron for the feel

things you can eat and will not make you fat. Put lemon juice on them in much as possible. You should weigh 125-130, bust 36, waist 25, hips 38, thigh 32, caif 13, ankle 8.

DIFFICULT BREATHING — EU-

DIFFICULT BREATHING - EU-QENE R. asks: "Will you please tell me why it is so difficult for me to breathe through my nose? I am not breathe through my nose? I am not fat and never seem to be short of the thinks some fat persons but just cannot seem to breathe unless my mouth is open. There seems to be some obstruction. What do you advise for running of the nose? Do you consider bag punching a good exercise?"

Care of the exerctions, which will relieve the pressure of the retained waste matter upon the mucous metabrane of the nose, will stop the nose from running. See a physician about MYRRH FOR BAD BREATH—

brane of the nose, will stop the pose from running. See a physician about the obstruction in the nose, which causes difficult breathing. Yes, bag punching is a very healthy exercise. punching is a very healthy exercise.

HENNA FOR REDDENING HAIR Will it overcome foul breath person.
M. D. writes: "Your kindness in health?" -M. D. writes: "Your kindness in letting me know about the following will be appreciated: My hair is

nently?" Get 5 cents' worth of gum myrrh in the drug store and keep a small plece of it in the mouth at any time during the day or night. It purifies the mouth but I doubt if it will overcome a foul breath, which may arise from many different internal disorders. Indigestion, constitution and sour stomach may cause foul breath, and the cause must be overcome before local applications will show much improvement. VICTORY FOR

BostonManTells His Experience With 'Fruit-a-tives' NowMade in U.S.A.



MR. JAS. J. ROYALL

S. S. "Boston," Central Wharf.

Boston, Mass. April 26th, 1914.

"For three years I was troubled with

Constigation. At times the attacks
would be very severe, accompanied by

Dizzoness and Violent Headaches. I

took medicine and laxatives the whole
time, but as soon as I discontinued the
treatment my bowels would refuse to
move. Last October I went to Montreal
and there heard of 'Fruit-a-tives.' I

used one box and the results were so
pronounced that I bought two dozen
boxes. I continued using 'Fruit-a-tives'
and natured a decided improvement. I
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day to continued using 'Fruit-a-tives'
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day to continue MR. JAS. J. ROYALL finished, when my physical condition ! was perfect JAS J. ROYALL.

50c. a look. 6 for 82 50; trial size, 25c.

At all dealers or sent by Fruit-a-tives, West Marsland
Limited, Ogdensburg, New York.—Advt.

Total sales, 150 8

of the U. S. Supreme Court CONQUER THE MUD, Justice Brandeis in Robes



JUSTICE BRANDELS @ SHOERWOOD AND

BERLIN, June 10 (by wireless to Sayville) - The Dutch newspaper Handelsblad says the British compelled the captains of several Dutch steamships to

News Agency.
"These dyes were needed for English industries. Great Britain had promised to let them pass, although they were manufactured in Germany. It is respected the British seek to justify their action by asserting that a former cargo of dyes reached undesirable hands."

COUPLE DIE IN QUARREL.

Found in Wife's Apartment. ATLANTIC CITY, N. J., June 10 .- The odies of Charles Cunningham, a pow- tion der maker, and his wife, Anna, were

BRITISH SEIZE DYE CARGOES. clutched a revolver in his hand.

DIES AFTER FLAG SPEECH.

Cashler, Stricken at Banquet. James A. Sample, cashler of the United States Treasury, died suddenly here last night, aged seventy-two years. The end

to the national emblem at the annual hanquet of the National Rifles Veteran' Association.

Mr. Sample was a native of Indiana.

Mr. Sample was a native of Indiana.

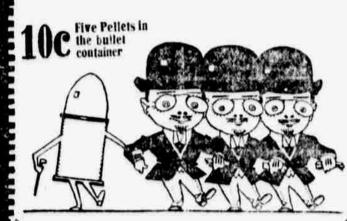
found dead last night in her apartment at No. 2027 Atlantic Avenue,
Mrs. Cunningham had been shot through the right tunn. Her husband, who had a bullet wound in his forehead.

A COME TO SERVICE OF THE SERVICE OF **CARRY A BULLET** IN YOUR VEST POCKET AND JOIN THE HEALTH ARMY

DaJARWS BULLETS will rid you of constipation, bil iousness and torpid liver. They are the ideal laxative in an ideal container. Easy to carry Pleasant to take. For men, women, children. Five pellets in the bullet-shaped container. Sold Everywhere,

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YOU WANT

YOUR BUSINESS TO BECOME THE TALK OF THE TOWN, TELL ABOUT IT THROUGH A WORLD "WANT" AD

order movements by battalien for while. There was not a dry shirt or pair of breeches in the battalion by noon. But after four hours there has not been a snuffle or a cough to fore-tell a coming cold. Major Herbert Shaw, Chief Medical Officer, says no THE ONLY REAL FOE, general illness is in the least to be N MILITARY CAMP feared. Lieut. J. B. Barnes of the Fifth Infantry, who commands F Company. awoke this morning to find that his

Plattsburg Rookies Sit on days ago, when he made his men dig Damp Grass in Ponchos for Lectures.

(Special From a Staff Correspondent of The Evening World.) FIRST SENIOR CAMP FOR MILI-

TARY INSTRUCTION, PLATTS-BURG, June 10 .- Mud has had a lot of prominence in the chronicles but there seems to be no end of it. It rained all night last night and the black sour soil of Lake Champlain's margin, which had turned stiff and springy in two rainless days, turned back to slop and black molasses from three to six inches deep. Nobody deserted, but the mud was not all that was sour looking and black as the patriots came picking their way out of their mud tracked tents at reveille.

The first and second battallons went out in a luit which promised fair weather for the rest of the day. The shower circled over to the green of the Plattsburg camps this year,

shower circled over to the green mountains and back and caught the A SAFE SUMMER thousands of young men, some in their undershirts and some in their flannel shirts, doing setting up exercises by companies on the barracks parade

"We won't get you any less wet taking you two miles back to camp." tacked by these dangerous summer all tacked by these dangerous summer all ments. To be taken from 1/2 to a teakept them right at it until they were steaming visibly. Major Stuart of Immediate relief will come. No family taking you two miles back to camp." steaming visibly. Major Stuart of the first battalion came along and observed that the four companies of his command were so wet they couldn't of RADWAY'S READY RELIEF near get any wetter and said they might at hand. \$5c, 50c, \$1.00 sizes at all as well practise the manual and close druggists.

REAL ESTATE AT AUCTION.

AMUSEMENT PARK TO BE SOLD AT SHERHFFS SALE.

The Merrill Amazonaut Park property at Fort disorge will be soid at Public America at the Exchange Salesseams, 14-16 Vesses at, at 12 o'clest, mout, Wednesday, June 21, by Bryan L. Kentella, Anothoneer, to highest bidder; terms will be Artsuger 10 and publication.

WATCHES DIAMONDS CASTLE TO LE WELL THE TENTE THE TENT

REAL ESTATE AT AUCTION.

REMEDY.

For Cramps, Diarrhoea, "Summer Complaint," Dysentery, Colie, RAD-WAY'S READY RELIEF is known as

the safest and best family medicine for children and grown people who are at-

campaign of camp engineering three

two-foot ditches all around their tents,

though very successful in keeping

puddles out of the tents, did not save

the company street from becoming a

river of slippery goo.
In leading the company over the

face of county Mr. Barnes discovered

a hill of clean dry sand. At noon to-

day he borrowed six wagons with

teamsters from the camp quartermas-

ter and two dozen shovels from the

barracks stores. With these and with

PUBLIC SALE of real estate; about 50 lots (more or less) in Managuan, N. J. on the premises of WEINESDAY JUNE 14, 1919, At 2 P. M. the place of assembly will be about 500 feet cast of the Central Railroad Station on the court, side of least Main St. of East Main & D. P. TINIX V YETMAN Auctioneer SAMURI, A LOCKWOOD, Clerk

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SMALL DEPOSIT I WEEKLY Cautasand for mana and tromess
FRUDENTIAL CO., 7 STORES—Open Even
1 Fact Flam, cor, families,
263 Wast 126th St., cor, 54 Arm,
604 405 E. 140th St., cor, 54 Arm,
605 Jackson Ave., L. C. City.
145 Neverta Ave., James City.
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Diamonds on Credit (any Terma 6 AMERICAN WATCH & DIAMOND CO Madden Lane. Tel. Cort. 5007. Agent Call SI Wookly high grade diamonds, watches, few \$1 Whiy \$25 Die'd Engag't Iting, Watches sector Ocen Even 147 E. 125th Room 306.

HELP WANTED-MALE. YOUNG MEN between the ages of 1s and 35 who desire to travel and to receive military training as members of the first line of the country's defense apply at 2d 5, 25d et. Bu detailed information regarding callstmant in the United States Marine Corns.

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STEAMBOATS.

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(ALBANY DAY LINE)

All Bervice Daily Except Sunday.

Breet Bail Connections to all points in Catakilla Sarators, the Adleronderse, west and North, All through rail total between New York and Albany ac-

Special Trip to Intercullegiate Boat aces Saturday, June 17th. Afternoon Boat

CATSKILL EVENING LINE cave daily except Funday, fost of Chris-scher St. 6, W. 120th St. 6 30; You-sen 7 P. M. for Cappilli Hudson, Cox-lible. Ticke's preprinting able with those

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Up the Hudson to Newburgh, \$1.00 Beacon, Poughkeepsie & Return, Str. "Benj. B. Odell



leaves Franklit 755 St., 9.00 A. M.; W. 129th St., 9.80 A. M. Excellent music, restaurant and lunch room.

CENTRAL HUDSON LINE BEAR MOUNTAIN and

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STEAMBOATS.

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Deep Sea Fishing Str. "Taurus"

CONEY ISLAND LEAVE WEST 1207H STREET.
40. 19.30. 11.30 M. 17.30 M. 12.30 M. 2.30
LEAVE PICK 1. NORTH MIVE.
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Sunday Excursions STEAMER CITY OF LOWELL

To Bridgeport T. Clerkmon St. N. R. 10 00 A M. ulton St. N. R. 10 30 A M. leturn dus New York . 8 00 P M. TWO HOLES IN HRIDGEPORT

STEAMER RICHARD PECK To New Haven

TWO HOURS IN NEW HAVEN. Delightful Sunday Outings on L. I. Sound Music—Dining Room—Lunch Counter, Tickets, \$1,00. Children, 50 Cents. Tickets imited. On sale only on Plers on day of Excursions. The New England Steamship Co.

S.S.'Mandalay SUNDAY TRIPS SENTIN HEREIN Round 75 cts. for WEST POINT.
Music, Dancing,
MANDALAN LINE,
Tel. Broad 179-3263.

KEANSBURG, N. J. Boats he Batter were to be a second of the second of th

REAL ESTATE AT AUCTION.

Go The Prices

At Forced Sales where the property must be sold without limit or reserve.

The Market is Dull Bargain Hunters are out in force

Are you going to be one of the Wise Ones who will buy at the

Absolute Auction Sale Estate of Wm. L. Sheafer et al.

FOR WHATEVER THEY MAY BRING? **524 BRONX LOTS**

On East 222d, 221st, 223d, 224th, 225th, 226th, 227th Ste., Laconia Ave., East Chester Road and adjoining streets

Wednesday, June 14, 1916 WHITE PLAINS AVE. SUBWAY Extension is now nearing completion, with Stations at 219th St. and 225th St.,

a few blocks from Lots to be sold. 70% May Remain on Mortgage for 1 to 3 Years at SAVINGS HANK HOOKS ACCEPTED AS DEPOSIT ON LOTE. 5% FREE TITLE POLICIES FROM TITLE GUARANTEE & TRUST CO.

STODDARD & MARK, Attorneys, 128 Broadway J. POWAINE BROWN, 289 Madeson Av. from attorneys or Auctioneer's offices.
VISIT THIS PROPERTY TO-DAY
PREE BUS to entire property at 225th St. and White Plains Ave. every day

BRYAN L. KENNELLY, REAL BATAT B 156 BROADWAY, NEW YORK Telephone Co-tlands, 1847.

Sunday World Magazine

IF Uncle Sam Should Raise an Army of 1,500,000?

Facts and Figures About "Preparedness" Graphically Pictured, with an Authoritative Explanation by the Military Expert of The World Magazine. Read It!

Fifth Avenue Beauties on Their Daily Fashion Parade



Above is a glimpse of the full page of four-color photographs showing the fair New Yorker in all her finest toggery as she passes "Fashion's Corner."

The Statue of Liberty by Night

It makes an excellent front cover in colors - gives a good idea of Liberty in her "new Robe of Radiance," as the big bronze will appear when illuminated by THE WORLD FUND.

A Millionaire for Sixty Minutes

Very soon some unknown New Yorker will have millions for just one hour! Maybe YOU might be the person! Read about it.

At Newark's Birthday Party

400,000 citizens of this wideawake community are "pointing with pride" to certain historic spots, especially sketched for this page in colors.

Broadway's Box Office Bankroll

You saw successful and luckless "shows" this year. How do you suppose the producers fared financially?

The "Star" Who Plays Solitaire Baseball and-The Watchman With an Operatic Voice.

To-Morrow's World

But Why Merely Hint at the Excellence and Diversity of

When an ORDER PLACED WITH YOUR NEWSDEALER

NOW Will Assure You of Getting a Copy? TARROS TARROS DE TARROS DE PARA EN PARA EN TORROS DE TOR